

The boys
are back

Taylor Park Boys
have the audience
in stitches
Page 12

SPOKE

A LEARNING NEWSPAPER FOR JERUSALEM STUDENTS

NMA
in full

Book training
offered
at campers.
Page 14

MONTGOMERY COLLEGE

LORTON PARK COLLEGE, MONTGOMERY, MD

WHAT'S HAPPENING ON CAMPUS

1298 ISSUE - NO. 22

United Way needs more donors

By Paul Myers

The Montgomery College United Way campaign drive is 75 percent of the way to its \$100,000 goal, but more donations are still needed to make that final push.

The campaign has raised over \$75,000 thanks to Montgomery College employees and students according to Jacqueline Bartlett, the head of the campaign and associate executive director of Human Resources.

Of this amount, over 70 percent came from full-time employees, with just under 10 percent from full-time faculty, also having donated. The rest has come from donations made by students and the efforts of the Student Life committee.

"We will continue to recruit pledges from Novembe... We are holding a pledge drive on Nov. 1 and Nov. 2.

"Even though student donations are impressive, and they are helpful and appreciated, they will not be enough to put us to our \$100,000 goal. More donations are needed," said Bartlett. "The students can really make a difference mainly in an informational and energetic manner."

"Many students aren't aware with what the United Way actually does," she added.



Jacqueline Bartlett, head of the Montgomery College United Way campaign, shows where the college was in its goal thermometer as of Oct. 30.

she added.

Funds for the drive have been donated by various Montgomery College partners. Businesses (partnered with Bartlett) donated an office chair

and the School of Business and Management donated a baby stroller, backpack containing art tools in a Unique Store grant, a dinner at Elementary's canteen, plus dinner

for four at Milano.

"I believe there is also a gift pack of beer or three," said Bartlett.

She said a 32-inch LCD-TV was up for grabs as well,

donated by MNG Computer, Canada.

On Oct. 25 was the start of the Pledge for Dollars campaign. Pledge are funds donated by different departments in the college such as the International English Language Testing Services, Student Services and the Research office.

Montgomery students of various academic fields, faculty, administration and staff were invited by media services, including pottery major. The bingo cards were created by Cambridge Design Hall.

Last week, the Student Life portion of the college United Way campaign brought in just over \$3,300.

Bartlett ongoing on this work includes a fundraiser by the Collegiate Business Club today, a bazaar on Oct. 26 on Nov. 2 and the You are the Way events on Nov. 3, which includes a fully busy competition where students will compete to see who can find the most non-membership in their schools. Nov. 4 brings the Habitat for Humanity run, page, and Nov. 5 there will be a denim blues theme day.

"I think the student events encourage more faculty to take part in their pledge goals," said Rose Council, head of the Student Life portion of the United Way campaign.

Voice what's irking you at Nov. 10 meeting

By Jennifer Myers

Montgomery Students Association President Shanna Souzer believes students should have a voice in an upcoming annual forum group being held by the Board of Trustees.

"There is a small voice, it's just not a loud voice," she said.

There will be three meetings, all on Nov. 10, with one being held on campus and the other at the Community Room in D.C.

The other session will be at the University of Wisconsin and Whitford Lawmen University.

Although non-student trustees include CSA and the topics revolved in the forum originally being focused at a series of citizens, it was moved back to them at the urging of faculty

and students groups, and will then be priorities based on the input.

The regional chair and president who were elected Oct. 10 will be presented with the agenda in February.

Some of the questions the region would like answered are what do you like about living in Waterford Region, what needs to be investigated and what the you think about the community?

Frost and Souzer encourage students to attend the forum.

"We need to have a voice now" said Souzer. "If the only way we will be taken seriously."

"We want to hear the students' voices," Frost said. She said the region has many plans to better the area,

including transit, a medical center in the new county.

"We have plans for light rail like the system in Oregon," Frost said. "We also like to add a train station for buses, so speed up travel between the cities."

The light rail model runs from Cambridge Mall to Forest Hill, and the added bus line could run from Forest Hill to Cambridge Center.

Frost and Souzer are no

longer in charge of the forum, however, those who would benefit students, however, also argued students to more ideas of it as a concern. She added she was confident that students will have their voices heard.

"As long as they're there, and

ready to tell us what to improve we'll listen," she said.

"I just really hope that our students understand what this is about," she said. "For their voices to be heard, members from here need to be here."

Frost and Souzer want regular forums, however, she wants to keep the group to around 10 people. However, she will consider increasing that number if there's a lot of interest.

CSA will be received by Nov. 8, and can be sent to www.montgomerycountymd.gov/csa.

An online survey will be available for those who are not interested, at montgomerycountymd.gov/csa.

Now deep thoughts with Conestoga College

Random questions answered by random students
If money is no object, what is your ideal vacation and why?



"Australia - because the landscapes and ge-cycling."

Lindsey Wiers,
second-year
marketing

"Travel, because all the Hillary stuff."

Carrie Clemens,
second-year
marketing and finance



"Barbados, because of the beautiful water. It's just somewhere I've always wanted to go."

Alyssa King,
second-year
marketing and finance

"Travel Mexico/Panama. That's one of the specific places I have to go to someday."

Cara Taito,
first-year
police & justice



"Japan, because I need it there."

Savita Rajaram,
third-year
design and communications
technology

"Australia, because it's always sunny, and it's far from every other country!"

Abigail Attwells,
second-year
information technology
support services

Photo: Courtney McLean, photo editor

A FUNDRAISING book fair



PHOTO BY ASHLEY DICK

Chris Green, admissions support for child, youth and community development, watched last Saturday as Books for Sale took over 1,000 sq. ft. of the Early Childhood Education Centre. Proceeds from the book fair will support the Conestoga College children's centre and the professional resources centre.

The Royal is a fair like no other

By SARAH HOBBS

Down a year, the number comes to the big one. This year from May 11 to May 13 at Waterloo Park in Waterloo, people of all ages can enjoy the thrill and excitement of horse shows, farm animals and agricultural fairs at The Royal Agricultural Winter Fair.

This year's fair-with events include Wood and Folk, a medieval event where horses compete against each other which has the speed and precision to complete a tight circle around the arena, and celebrity chefs such as Buff Goldstein as he hosts his own

line up of local judges and experts. David Bishop and Adrienne Marc are a poster boy and girl for the fair.

The event is open to the public from 10 a.m. to 10 p.m.

Admission to the official Facebook page of The Royal Agricultural Winter Fair, the opening weekend will be "spectacularly good" with Buff Goldstein from Fox's Gypsy Days and underground

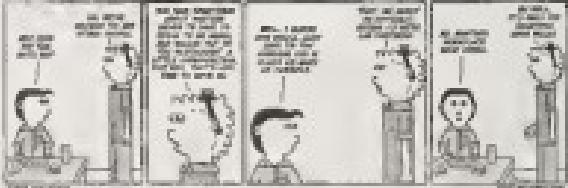
Operating since 1935, the Royal has become the largest

rural agricultural and cultural exhibition complex in North America. More than 300,000 visitors come to Waterloo annually to see state-of-the-art Canadian and international breeders, grooms and exhibitors, shows, contests, shopping and, of course, The Royal Horse Show which features some amazing horse exhibitions, great competitions, award presentations and lots and lots of fun activities!

General admission to the fair for the general admission is \$10. The concession starts at \$5.00, senior citizens, children under 12 and military personnel are free.

Concessions are available for the jumbo cheeseburgers at \$8.00, the

Documentaries



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National UNICEF Day supports child survival

BY MARINA MATHIAS

Holmeson is the Holy Grail of holidays for many across the country. Stanley says the ultimate goal for every action, every voice and of course, a night full of fury.

However, come the last day of October, Holmeson isn't the only thing of significance. In 2006, the Canadian government declared Oct. 31 National UNICEF Day.

UNICEF Canada, established in 1966 as a charitable organization consisting of individuals dedicated to helping children survive around the world.

Sister Larissa, director of community engagement with UNICEF Canada recently got back from a trip to Liberia where she had the privilege of seeing projects in progress like one to test for the impact of local food.

"What stands out for me is the breadth of impact. We're supporting food, sustainable

systems while providing technical expertise to all levels of government, allowing us to advance children's rights by influencing those who set policies and laws and we are doing this in virtually every country around the world," said Larissa.

The United Nations first created UNICEF on Oct. 11, 1946, to an attempt to assist the children of post-war Germany. Since then, tremendous success and support, the organization expanded in 1966. Their main cause now is to help the long-term needs of both children and young adulthood.

This new initiative has been nothing short of a success. According to Larissa, the charity raised approximately \$1.5 million last year from schools across Canada, community events along with some corporate support. The donations are continuously being put to good use.

The funds raised through out the month of October

leading up to National UNICEF Day will support child survival, and Larissa, "Twenty-five thousand children die every day of preventable causes such as lack of clean water, malnutrition and lack of education."

With the early learning for the Waterloo Region District School Board.

However, the main reason for the change was simple.

"By creating the process, UNICEF is able to expand the campaign from one day to an entire month of fundraising which provides the opportunity to raise more funds because there are lots of us and lots of larvae."

The new monthly campaign is now called "Walk October Count" for kids which goes schools, community and organizations a chance to help children in the range of need.

The organization has always done the best job they can to try and give children a greater chance of survival.

However, in 2006, the UNICEF collection box program was stopped because of safety reasons.

"I do think there were concerns over students carrying money at night, and that's Potholes, system changes

and the various UNICEF provide much more than half of the world's children are not without a free.

UNICEF has been working with others in an attempt to further their worldwide mission.

"With our global reach, the impact of UNICEF is more now. We are confronted by the disaster disease or some issue that can very quickly turn and very quickly with local partners in the grassroots and community and government levels, knowing that collaboration is key in changing the world for children and families."

While Holmeson is the only holiday where its traditional meanings, being thankful, the decorations, creative costumes and places are full of candy, UNICEF deals with the harsh reality of dying children and does its power equal to help worldwide child survival rates.

For information on how to donate, go to www.unicef.ca

Get prepared for your job search

Workshop covers resume writing, networking and the interview

BY SABRINA YU

Pull out your agendas, Ontarians students! There's a new workshop coming to town to help you with your job searching woes.

On Nov. 8, Cambridge College will be holding a job search networking and job interview workshop to help students find and get those employment opportunities they need.

"Our success and most popular workshops are designed to students apply for a part-time or a full-time job opportunity. It's always making toward graduation, it is important to have a good, polished resume and cover letter," said Shara Fries, an employment advisor at Cambridge College.

An employment advisor will be running the workshop, telling to students about how to approach potential employers, build connections, research and how to approach the interviewing style used in the interview process.

"Because of speaking with

interns and others of that sort, we've learned to have functional resumes," said Fries.

The skills learned at the workshop will allow students to go into interviews with more confidence in how they will handle potential situations.

The workshop will also cover the importance of networking, how to start building networks and the networking interview.

"I think that students understand the importance of networking interviews," said Al Harker, career and employment advisor for the regional students at Cambridge College.

He emphasized the importance of trying to people in the field and how it is a great opportunity to build links and build connections.

The employment advisors think that this workshop is extremely important and everyone should attend.

You can register for it through the website portal by going to employmentandrecruiting.ca to do "My Camer"

tab.

Random Act Of Kindness Day, Friday November 12



Reach out to another person through a Random Act of Kindness!

Pick up a Random Act of Kindness Card and play it forward when performing a good deed!

To receive a kind option or suggestion on how to be nice, check out Student Life centre, Door 4 and Door 9 at Deep Campus!

Or consider it Waterloo Campus!

A member of Waterloo Campus!



Plan for urban sprawl

I'd like to share that we often get a lot of info about

But no one except the owners of Barbours' homes care. Victoria hasn't ripped down to make way for million dollar condos in Waterloo and we're mostly closing at the city boundary line. I have to wonder are we moving too quickly?

Yours, Lee Needles
Barbours' Lee thinks that given a lot of information about the influence sprawl has. The Barbours' stretches along the west side from the edge of Barbours' in the west of Waterloo. It was officially opened on Dec. 6, 2001. A west port, another link road to the city dump.

But it's not the sprawlists that I have a problem with.

The issue is how covered with development portion of myself and others. "The Barbours" shopping centre has over a million square feet of big box stores, office spaces and parking. It will always be the largest commercial centre in W. And then there's only one of the projects along the formerly rural street.

All that and just no legs of traffic." However, that the Barbours' would soon be opened, I don't see how the developers planned out all the

LETTER TO THE EDITOR

Comedy skit not funny

I wanted to share my own regarding an article that appeared in the Oct. 11 issue of *Opinion*.

The article provided a perspective on a comedy skit hosted by Councillor Braden Lee on the Saturday. That same story opened with a shocking "joke" referred to the domestic abuse of a well known pup over. I found myself feeling conflicted when it continued to point further into the article. I felt confused as whether I was more shocked that a comic so much abuse to their human during a repeated act of abuse against a female — or more so that a comedian could choose to publish the joke and continue to pursue the comedy for the art.

The reality, in Canada today, is that 11 per cent of women have experienced at least one incident of physical or sexual violence since the age of 15. This is a staggering statistic, but let's face this reality before I go.

This tells us that 24 per cent of women in this country experience violence and experience an incident of physical or sexual violence at some point in their lifetime — that is, if they haven't already. The statistics can be just as staggering.

Yours truly,
Ryann Daniel



**Ryann
Daniel**

The street is already backed up on a typical day without excessive shopping centres. I can only imagine what it will be like when Wal-Mart and Empire Theatres open this month.

The development of the new mall will have had to rush the work by adjusting its timeline as the blueprint. Good thing, but there have been of us to log too many hours for public hearings?

The truth is that these pads are designed around cars. And with space allotted for over 4,000 parking spaces it's obvious that the developers know that boy.

The makes another slide of these pads in real time that I'm afraid they've got space to do less than that. See our part of society only. Areas that don't fit in a city's individuality and heritage and then the city will be slope to close.

But, if this type of urban sprawl is inevitable, at least plan for it.

HELPED NEEDED FOR OUR FURRY FRIENDS



PHOTO BY GREGORY SAWYER

Stray animals brought outside the Inter-Act Pet Park. As winter comes, adoptions and donations are desperately needed by the Waterloo Waterloo Humane Society to help the animals in need. www.wwhs.ca and [e4e.ca](http://www.e4e.ca)

COUNSELLOR'S CORNER Suicide

When we are going through difficult times, it may seem hard to believe that pain will ever end. Suicide may seem like the only answer to problems. People who have considered suicide may feel hopeless, desperate, or that there is no hope in their lives. If you are thinking that life is unbearable, or you are wondering if a friend may be suicidal, here are some warning signs to consider:

- Talk of - escape; having no future, being alone, feeling hopeless or helpless, suicide, death, or plans for suicide
- Feelings of - desperation, hopelessness, disconnection from family and friends
- Isolation - relationship problems, work problems, school/failing grades, trouble with the law, family breakdown, neurotic/dysfunctional behaviour,
- Physical Changes - lack of interest/interest in all things, lack of physical energy, disturbed sleep, loss of appetite, weight loss,
- Self-harm - self-harm, cutting, abuse, lighting fires/burnings, emotional outbursts, dropping out of school, going suicidal behaviour, putting others in danger, going away, parted possessions to friends and family, letting that nothing he connected close, a sudden and unexplained change in a cheerful attitude, behaviour that is out of character (i.e. a cautious person who suddenly becomes reckless).

If you suspect that a person may be suicidal, ask them about it, and encourage them to share what is happening with them. Talking about suicide with someone does not support suicide. It only shows that someone cares about what they are going through.

Suicide is a permanent solution to a temporary problem. If you feel that any of this information applies to you or someone you know, seek to speak to a counsellor in Counselling Services, Room #4001.

In case of an emergency after hours, please contact the Mobile Crisis Team @ 1-866-386-4595 (toll free)

Math drop-in service new at Learning Commons

By JONATHAN CRABBE

Struggling in a certain course? Don't hesitate to seek help if you think you need it. At Waterloo College, the Learning Commons department is there to help students who are having a hard time keeping up.

The Learning Commons staff offer peer-tutoring and one-on-one help, give out resources, post test guides

and workshops, offering help and writing help.

"I was a math tutor last year," said Jason Anderson, a computer programming grad student. "It's good that students have a resource to go down and help them with anything they're having trouble with. It also does a lot more for the students

now. Students struggling in a subject are sometimes

afraid of asking for help. At the Learning Commons, they want to help you achieve success. There's no need to feel embarrassed or embarrassed when seeking a math help with your writing, a study group or not.

Students looking for assistance should not hesitate to seek help from the Learning Commons," said Amy Ulmer, Peer Resources officer. "We offer a variety of different

services, either free of charge or for a very low cost. The staff volunteers, and peer tutors are all very friendly and eager to help."

The Learning Commons department is also now offering a math drop-in service in the new Maths Centre located inside Learning One room. Tutors are available to answer math-based questions and provide concepts in a study booth. The math drop-in

schedule is available on the Waterloo Online website. The service is free for stu-

dents. Learning Commons on the Doon campus is located in BALD 101, across from Tim Horton's. To make an appointment, drop by or call 519 885-4550, ext. 1200. Detailed information is available on the college website www.uwaterloo.ca/math/.

Bloom restaurant reopens

By JENNIFER YOUNG

Roasted fall harvest veg tables salad with Dijon dressing and maple syrup drizzled over the top. If that sounds appealing to you, then the place to fulfill your taste buds:

Campbell's famous restaurant, formerly known as the Campbell Room, reopened for business on Oct. 22.

Located at the Waterloo campus, it is operated by local produce and culinary experts.

Bloom offers an expansive weekly menu with 10 to 12 Campbell's signature dishes. The restaurant is open for lunch service (11:30 a.m. to 3 p.m.) and dinner service (5:30 p.m. to 9 p.m.). Prices are reasonable for the quality of food you are served.

PRICES

Lunch

Three courses	\$14
Four courses	\$17

Dinner

Three courses	\$17
Four courses	\$21

Waterloo's winter representation and management firm the Nexus Group will be featured in bloom for the week of Nov. 8 to 12. A different writer will be featured every Monday and Tuesday and a representative from the company will speak about the work they do each Wednesday.

If you are willing to put down your hand, dinner fee for one night to experience the unique skills of your student hospitality and culinary students book a reservation online at www.uwaterloo.ca/menus. Bloom is not a walk-in restaurant so all meals must be ordered through their online reservation system. See you!

Strategic Plan 2011-2014

Innovative and Strategic Thinking

Have your say!

Students are an important part of Waterloo Region, so we want to hear from you to help us shape our future direction!

The Region of Waterloo (regional government) is setting priorities for the next several years as part of their strategic planning process. In order to ensure that the strategic plan reflects the most pressing priorities of our community we are seeking your input to help guide and inform the directions of the new Strategic Plan.

What do you like about living in Waterloo Region? What needs to be changed?

These sessions will be held on Wednesday, November 10, 2010 with post secondary students and they will take place at the following locations and times:

- University of Waterloo - 10:00 - 12:00 - Multipurpose Room, Student Life Centre (Session is full)
- Wilfrid Laurier University - 1:00 - 3:00 - Student Union Board Room in the Fredrickson Campus Centre
- Conestoga College - 5:00 - 7:00 - Music Building - Door #4 - CSI Sanctuary

To RSVP

Space is limited so please RSVP to one of the sessions by November 8, 2010 by going to <http://www.surveymonkey.com/Survey/WCIS2010QFBSyR>

Should you have any questions please contact Lise Fecteau at 519 - 885 - 4758 or lise.fecteau@uwaterloo.ca

For background documents visit our website at www.region.uwaterloo.ca





Mushroom picking can be a great hobby but you must be cautious. There are many poisonous varieties that can be fatal when they're eaten raw.



Story and photos by Thomas Parent

In the hunt

It's the season for an eclectic hobby

Held near your nose, people will say "mushrooms, yuck!" As the rains of early winter end, mushroom pickers and collectors from all walks of life are heading to forests, bogs and any dark, moist area they can find. Despite having a wide variety of mushrooms, edible and poisonous, what makes it a perfect destination? For mushroom hunters, You choose a people who consider themselves mushroom hunters.

In some places mushroom collecting mushrooms is passed down from generation to generation, which is why when it comes to mushroom hunting and collecting, there are many strands of common mushrooms that make a remarkable contribution to culture now. That is the mushroom

hunting must be done with the utmost caution and accuracy. Some mushrooms, although not deadly, can cause severe nausea and severe organ damage or, conversely, in a mushroom field guide before returning into the woods is recommended.

From shrooms to porcini, from chanterelles to oysters, there is a plethora of wild edible mushrooms growing right in your own backyard. If not your backyard?

"It's a great hobby that costs very little but takes a lot of time and practice," said Morgan Martineau, a local mushroom hunter. "Last summer I helped a woman in Victoria, B.C. collect porcini mushrooms from a unknown hill side. She would shoo flies off them, drive me off road to the most remote

or wild chanterelle she made about 3000 in one year selling them on eBay. It wasn't for the ideal Edible I'd be picking them for export."

Sixty-five mushrooms, however, in her hobby a little more seriously than others, especially when you can make a good living off of a rare, edible mushroom such as chanterelle. Truffles are another well-known premium fungus because only pigs can find them, according to the pig farmer who originally sold the pig hamster meat, similar with the pig below p. 64 in T. Fins.

But every does mushroom hunting tagly blottable or pig-wearing. All you need is a good pair of hiking boots, a mushroom field guide and a sense of adventure. And if it takes you awhile before you find your first ed-

ible mushroom, don't fear. Take pictures and keep a notebook of each room you find it, documenting their location as you go so as not to forget them.

Mushrooms are very delicate and vulnerable when it comes to growth in a certain type of mushroom that has never grown in a certain area, might just wait that season due to changes in oxygen levels in the soil or the death of a fallen tree.

But at the whole idea of mushroom hunting does not appeal to you, oh well. There are hundreds of different wild varieties at local markets and grocery stores that you can cook or combine with different ways from cooking to pickling.

Two words: Porcini bumper.

Conestoga supports United Way

Check out all of these awesome fundraisers in the Student Life Centre each day.

MON

TUES

WED

THURS

FRI

NOVEMBER

Conestoga Gamers Fundraiser

Dress up as your CG Gamer Character

11am - 1pm

Human Ring Toss

Test your strength and have a chance to win some great stuff!

11am - 1pm

You Are The Way!

and Puzzles Made to Win!

12pm - 1pm

Hampsters for Humanity

Race hamsters and play some other "fun" games!

12pm - 1pm

Jersey Shore

STL Game nights! Fun games all within a Jersey Shore theme!

12pm - 1pm

Hosted by
Conestoga
Gamers Club

Hosted by
United Way Student
Committee

Hosted by
Human Services
Foundations Program

Hosted by
Human Services
Foundations Program

Hosted by
Human Services
Foundations Program



CONESTOGA
Institutional

GIVE. BELIEVE. VOLUNTEER.
LIVE UNITED

Student Life
Institutional



CSI
SO YOU THINK YOU CAN
DANCE

The poster features a dark background with a bright, colorful light effect on the left side. In the upper right, a woman in a black dress is captured in mid-dance, her arms raised. Below the title, there's a stylized graphic of a person dancing.

**LIVE PERFORMANCE ON
TUESDAY NOVEMBER 9TH
IN THE ATRIUM AT NOON**



WIN PRIZES!

**SIGN UP IN THE CSI OFFICE ROOM 2A106
DEADLINE: NOV 5, 2010
RULES AND REGULATIONS APPLY**

**CONESTOGA
STUDENTS INC.**

ELS students learn local Canadian history

By LAURA BENNETT

When you feel stressed about your homework, it's hard to believe you are learning in your free time. Language-learners students at Comox Valley College are learning in their second language and for that they should give them credit.

Students in the English-language studies program at the college do not practice with a diploma, but rather work with academic prerequisites for college or university. When the students are finished their studies they are ready to enter into a regular program and may become an adult student.

On Oct. 14 the level two Canadian perspectives class visited the Blue Heronage Historical Museum in Ladysmith.

"I learned a lot because I don't know what it is like in the past for this country," said Vanessa Garcia, an ELS student from Colombia. "I understand better because in the museum they explained how people lived in the past as well as today."

"We do a project on what Canadians do in their weekly life and their leisure life," said Becker. "We want to do that because some Canadians like to do that in their leisure time, but also it connects with the history part of the course."

The main purpose of the trip



PHOTO BY LAURE BENNETT

ELS students show off the projects they made at the Blue Heronage Historical Museum on Oct. 13. The students are back row from left, Alice Wang, Harrison Sun-Foxes, Angelica Sison, My Phan, Kai Lin, Diana Sanchez, Victoria Gauthier, Hazel Andrade, Hayley Clark, William Cho and front row left, Meagie Huang and Alice Sanchez.

was for the students to practice their presentation skills.

"We went to teach the visitors in spoken form, we work together as a group and speak in front of a crowd," said Becker. The students had to make posters and present them in class.

The course they teaches the

students history, geography, civics and several others.

All international students will need to present to the board before entering in the ELL program at ComoxValley. That determines which of the four levels they will go into.

"Level one students are very young, however when I see the different enjoyment, I can

see how hard they work," said Becker.

"I was surprised that many students from ELL family speak five or six languages," said Becker.

The level two class presented their poster with only one difficulty.

"For us it is really exciting,

because when I see the different enjoyment, I can

see how hard they work," said Becker.

"I was surprised that many students from ELL family speak five or six languages," said Becker.

The students in the class compared life in Canada, both in the past and present, to the lifestyle in their home countries.

BIRDS OF A FEATHER DON'T ALWAYS FLOCK TOGETHER



PHOTO BY DAVID BURKE

A swan species commonly seen the shores of Vancouver Park, Whitecap Bay Marina, Salish Sea is having its ugly face. This swan should be mucky with a bath of E.C. and a few of D.G.



PHOTO BY DAVID BURKE

The blue jay's feathers are not actually blue. The color is the result of the sunlight hitting melanin in the feathers, which absorb the wavelength of the light off the blue-making it look blue.

Looking fabulous for fall

By KATHLEEN O'NEILL

Every season there models show off just on the runway and millions look after the garments on streets. These days though the biggest trends are anything anything or the unexpected. Don't tell you won't have to search your wallet to achieve these looks. These styles can be found just about everywhere for any budget.

To stay warm, everyone needs a coat. The military jacket is a classic style that adds value to this year's trend. Brass buttons, zippered pockets and breeding details are key. If you want to move past this, add some asymmetrical lapels, hooding or the like. Miley Cyrus has released a line of clothing by Miley Cyrus & Mon Amie. Not only do you get great style under a well-known name, but you'll never enough for groceries. They offer the same they can't, you planned it, every piece, for only \$24.

Cougar prints are still the way to achieve this look. Knit turtlenecks such as olive, beige, grey and reddish-brown popular colors for the stylish girl, and many stores have

these open interpretations.

No need to be complete without these layered items we're partial to on the trend right. Mixed style looks diverse, often in variety of styles for under \$50. Look for details such as lace and buckles in just one month or mixing fabrics.

For those who want to be a little bolder than our usual different options, The classic look that looks amazing on all body types and can be found in a variety of colors and patterns. You can either go a dress style this type of dress. To top off all, button boots are a great way to keep looks warm, yet practical. Try them in suede animal prints, such as moose.

To truly capture the essence of this decade, try a vintage or used clothing store. You'll find pieces you'd have a hard time finding.

If you want to look ready without looking like a tourist or a vintage item, there are other ways. Look for other colors such as forest green, purple and red to add to your closet. This can be in the form of sweaters, dresses, jackets and just about anything you heart desire. Experience fab-



PHOTO BY MICHAEL MURRAY
One of the pieces from the
Miley Cyrus & Mon Amie
collection.

lic such as velvet and less over-sized addition to any outfit, such as jeans, long and thin jeans or flannel shirts.

Top off your ensemble with an leather item if desired. They're a classic accessory that won't fade out anytime soon, and will last at least another season.

Now with these tips you can find your style this season. You can look just as good as the top name designers, and enough knowing you saved enough for next semester's textbooks.



A winter jacket on credit from the Burberry Prorsum Fall/Winter 2010 collection. The military look is one of the most popular trends to hit this season, and can be achieved at any budget.

This singer can't sing

By KATHLEEN O'NEILL

It looks great. It sounds horrendous. So unprofessionally produced. I just don't get it.

Painting With Tales is a new release by Sam Wang. Wang is a soft rock singer-songwriter from New Jersey and this is her second album. The first was titled You And I.

Painting With Tales is much aimed at a male field and sound based more towards rock with a strong bluesy beat that comes out of a band instead of one and. The graphics of bright yellow whilst the words focus on the instances come across erratic, unpredictable attractive and interesting, a pretty good one.

The instrumentation is very solid and excellent. Miesen did decent measures on various guitars and percussion instruments, violin, maracas, bells and organ. All the musical elements work to create and close, with no also broken, incomplete or otherwise good one.

The harmonic singing is mostly done by Samuel Miesen. His voice adds to the overall value of the perform-



ing. The singer-songwriter, Sam Wang, is far from impressive but she's got a lot to work on.

I would say if she is an excellent performer. She has good and varied vocal and can sing effectively and tried to put up on a stage and sing her heart out.

The problem for me is she doesn't have a true sense of melody. She can't let the notes flow together on my ears, and I don't even claim to have perfect pitch.

Of course, this is one problem many lack. Frank Sinatra's problem, as well as mine. I'm just being picky.

As far as the inclusion of other songs like covers, I found nothing particularly动人 or otherwise fitting them.

When it comes to lyrics apparently the thinks about a poet. The lyrics make no sense to me, so they must be bad poetry.

Some of her lyrics are quite poetic, potential inspiring mixed images. "Painting with the tales of my life" is one of the best. Unfortunately, she'll often follow that with something that makes no sense but words like something a bird could say. Obviously the lyrics are less as something she's trying to add to an image that isn't perfect as it is.

In the same song she says, "You got me started singing on that shelf and I know that someday I'll take it down." This sounds like someone singing out of the necessity and confusion. I find that pretty and it creates that image and atmosphere. The lyrics to me are somewhat like a bad dog digging a hole and thinking it's high art.

I am not to see that as much because talent and professionality often goes hand in hand with a good song. In this a poor acoustic of the same song does provide something rather than a bad dog digging a hole and thinking it's high art.

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Dear Miley Cyrus, it's been done before

By KATHLEEN O'NEILL

Parents and parents alike are noticing their purchases in protest of Miley Cyrus and her new music. Who owns my heart? The video for lyrics the lower Hannah Montana rolling around on her bed with a book, singing from older Hannah and a bit of every classic sitcom.

As much as everyone would like to delete the painful process of growing up it's too big to ignore. Though most love Cyrus, it's a little young to be seen acting at this age and as a teenager going childhood. Possibly, it's suggesting that older even grow to become older. However, Hannah Montana, Disney's Hannah Montana, now having to go through the teenage Miley Cyrus creating a protective measure.

Her new video, Who Owns My Heart?, is not that deserve when compared to the pop stars of the recent past. Miley Cyrus's popularity declined by Miley Cyrus rolling around on her bed. Disney released it when believed Hannah Montana playing like a real life girl star. As the young stars of Hannah Montana, they stayed stuck in the Disney Channel, not MTV.



PHOTO BY JEFFREY LYNCH/STYLING

Alvin Li, a sales associate at the newly re-opened **Groundfloor Furniture**, displays pieces of mid-expensive art for youth which were set up at Davenport's front of Van Horne on Oct. 23.

BAUBLES, BEASTS AND BOOKS ON AND OFF CAMPUS

Ruthie Covington students find they have a great place to prepare for their upcoming relatives. Students can visit one of the four open study rooms if they wish to study in peace.

PHOTO BY KATHARINE HENRICK



Left: Cedar, muddy and mala mare on display during this year's Fleisch Festival in Woodstock, Ont., on Oct. 23. They were there to remind people where the first oil in Canada came from. **Right:** It's being a busy day this season around Triplett shear more than 5,000 lambs. PHOTO BY KATHARINE HENRICK

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HOROSCOPE

Week of November 1, 2001



ARIES

March 21 - April 19

You are going to be a man filled with action. You will find yourself looking at life as a death battle with Alan Rickman.



TAURUS

April 20 - May 18

You are going to be the pretty, seriously related to the music, friendly type, mostly. Develop a love for the simple things and hard driving.



GEMINI

May 21 - June 11

You will single-handedly save the Nekomata Place Well, sort of. The building is going to explode and the owner dies, but you kill all the bad guys.



CANCER

June 22 - July 22

Some day this week, you are going to be very important in the path you've taken. Ascension, milestones, and you need it to fight morning bugs.



LEO

July 23 - August 22

You are going to be followed by a giant killing machine that looks oddly like a power Arnold Schwarzenegger Robot.



VIRGO

August 23 - September 22

I'm sorry, Virgo, but this week is going to be a very Heaven Stoops week for you. Pray for your non-existent bank and law, maybe a car.



Paul Innes carefully examines the stars and then gives them for your assessment.



LIBRA

September 23 - October 22

You will be used as the New York press corps to rescue the president, who escaped his plane carrying the nuclear suitcase.



SAGITTARIUS

November 23 - December 21

You will find yourself programmed and would break in there in the presence of an electronic device in the early 1980s. I am so sorry.



CAPRICORN

December 22 - January 13

You will be involved with fighting sharks with a group of commandos, with the goal of being the only one left. Wear rubber shoes.



AQUARIUS

January 20 - February 18

You and your crazy-eyed partner will fight against a group of South African diplomats who are using their position to smuggle diamonds.



PISCES

February 19 - March 20

You will be rebuilt as an lone soldier and will have to fight Knight, Landsknecht, Good Jack, but I wouldn't put a lot of money on your chances.

ENTERTAINMENT



John Goodman, left, and Patrick Beach bring trailer trash to the stage during their performance at Ben Lortz and Randy from the stage *Trailer Park Boys* at Del, 26.

Trailer park crashes Conestoga

By ERIN PARSONS

Patrick Beach and John Goodman brought the trailer park to Cambridge on Oct. 27. The two comedians in their characters Ben Lortz, trailer park manager, and Randy, Lortz's right-hand man, spent the show *Trailer Park Boys*.

The *Parasite* was packed with students watching in awe one of their favorite characters from the most popular show. *Conestoga* students had to camp late into the night or take the shuttle bus to get to the show.

"This was the last one," said Del staff member Becky Gilmour. "We were at capacity."

Before the show even started, she also heralded the event and added that many students were larger than the last show.

From the show there was a table set up in the rear that held an array of different prizes. They were used during the performances by Beach and Goodman to keep audience members who sang along with the show entertained.

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"This was the last one," said Del staff member Becky Gilmour. "We were at capacity."

and police foundations made Kirk Deorum. "You had every single episode to 1 wouldn't stop."

Randy and Goodman announced the crowd, keeping them involved by letting out their review page on stage.

People lucky enough to be in the front row were offered a ticket from a magical reward that passes out whatever you ask it to.

"I loved it," said *Parasite* management student Nicole Dostalova. "It was because it's so private." She also noted the blood due to the fact that there was enough room to take pictures and, of course, that the show was free.





KYU Glee, run by Steven Lehman, Amanda Aged and Sarah Davis, practice the choreography on Oct. 25 for Rhythm Nation, the song that launched their YouTube career in 2008. The show plays with partners at the Victoria Methodist Church on Oct. 31.

Photo by Michaela McManus

KITCHENER'S OWN GLEE CLUB

By CARRIAGAN ROSE REED

Fans of the show *Glee* can get a taste of the real thing at KFU Glee's upcoming show.

The local show choir will be performing, twice, at the Waterloo Mennonite Brethren Church on Oct. 31 at 7 p.m. Tickets will be \$10 but you better buy them soon. Show doors will not open until 30 minutes before the show starts.

Expect to hear a really good mix of pop, Broadway, rock and country in the performances.

It is much family friendly

as a top 40 list.

Amanda Aged,

the vocal director. One

thing they'll be performing is a new piece, *newly created*, on Xmas of "The Circle of Life" from the *Lion King*.

The main thing they will perform is lots of energy.

"We planned so much from them knowing they have all that or give us and that seems," said Kyu.

In addition to superstars of music, you can expect to hear a few local band.

"We spent the money to bring the local gigs in," says Kyu.

"We were the last to book tickets so it's great, otherwise it would cost."

KFU Glee started up last year after the TV show came out. They do two or three shows a term. The next such

show will be held in January. They are open to anyone between the ages of 14 and 21. To audition, a singer will have to perform a prepared pop song and pass a harmony test.

The show is run by the Waterloo School of the Performing Arts, just along Highway 6 nearly through Waterloo. People from all the high schools in the area, such as KU, and because of this the club puts the best of the best.

"It's a major major competition," said Kyu. People who are used to being the best talent in their school stop going to KFU Glee and suddenly overtake their competition.

Rehearsals are every Saturday for 10 weeks, from 9:30 a.m. to 1:30 p.m. During those 10 weeks, the choir has four to five rehearsals dedicated to choreography or makeup changes. The club will have one song in about four hours. A rehearsal for KFU Glee is so packed that as other schools parts you feel like you're watching a tennis match.

"It's hard work," said Kyu. Sarah Scott, the choreographer has been dancing since she was five, and teaching since she was 12. She's trained in ballet jazz and tap, but has recently moved toward choreography for pop who can't dance.

"There's choreography for dances and there's choreo-

logy for our dances," said Kyu. The vocal director has been trained in opera and musical theatre and has performed just as soprano. Eventually she released her passion in pop music.

"You can't really go to Marley Camp school," said Steven Lehman, the owner of the Waterloo School of Arts, and the guy who oversees most for KFU Glee. He did a competitive degree in theater and wrote music for movies, video games, film, sports and commercials. He also plays in a band and plays and bartenders.

For more information about KFU Glee visit www.kfuglee.com

Singers rock the Sanctuary!

By CARRIAGAN ROSE REED

The Sanctuary was bursting with hosts on Oct. 20. The sound of running water and sound checks were part the preparation as what students might hear in the Sanctuary during KU's singing competition.

"It was nice to see that offered to students and to the local bands," said Courtney Lashley, a student on the practical nursing program.

Most contestants participated in the event, performing songs that ranged from mostly to dramatic and heartbreaking. Most pieces were performed acappella. The students used a different vocal style in their performances. After the artists had played their songs, students applauded fervently and rated the judges' decisions.

After the last performance Taylor Pekkan, KU director



Photo by JOURNEY WALKER

Brother-sister duo Courtney and Mark Uebel performed a short set stage-in-the-Sanctuary singing competition of approximately took the stage to entertain the judges. The students were given a wide variety of who would win the "best arrangement" title. First place went to Courtney Uebel, who received \$100, and second place went to Mark Uebel. Who was second in the competition was Courtney. The two students played a duet for the entire night.

"I've been playing for years just for fun," said Courtney. Courtney is a senior and Mark is a junior. "I'm always trying to impress students." No matter where you perform the quality of being an singer are always fresh. There is nothing like watching a person play on stage and feeling the sound of a masterpiece."

Kung Fu Madness

By BABA BURM

"Everything is kung fu." That is the motto of the newest Karate Kid, directed by Michael Jai White and starring Jason Statham as the young Mr. and Mrs. Choi as Mr. and Mrs.

The movie begins with Dre (young Detroit) off to China with his mother where he expects more a major cultural shock. While trying to fit in at his new school as Dre's himself talking for a pot, who also tells him, "Of course, the school body also has eyes for Dre's beautiful looks and decides to use his looks to become one of the 'hot' girls." That's when Dre finds that Mr. Choi, the apartment's Landlord, has happened to be a kung fu master. Mr. Choi teaches Dre all about the true meaning of kung fu.

While a place homage to the original *High Noon*, with the basic story still being the same good versus evil, I will tell that Mr. Choi is no the

Movie Review



Movie. Yes they were both assassination men who keep peace to the masses or bring peace to the world but had a hidden past, but *Marty* (played by Pei-Ming) had on the side a much more dynamic way than that of *Chee*. Part of the original was here to get a total laugh at the "poker off" but in it plays to the reason was off.

Overall, it's a good movie when it's not being compared to the original. It's filled with action and laughs. Justice Smith takes after his father, Will Smith, with his ability to take on a demanding role.

I give that movie three stars out of a possible five.



Instructor Elliot Volksen demonstrates proper punching techniques to Scott De Grawe while Brandon Weyers looks on during kick-training in the rec centre's multi-purpose room. The MMA class is at 7 p.m. on Wednesdays in the rec centre multi-purpose room.

Is the next GSP among thee?

By STEPHEN HARRIS

KICK Dream of competing in the octagon with Georges St. Pierre? Think you could handle those French lessons? There's basic Muay Thai.

If you've ever wanted to try mixed martial arts, now's your chance. There's basic training available to all Concordia students, according to Wednesday nights at the rec centre.

Elliot Volksen, a second-year student in the practical nursing program at the Concordia Health complex, teaches the weekly class. Volksen, 27, has a black belt in karate, judo and has trained in wrestling and kickboxing.

"It will be something new," said Volksen. "You'll never know unless you try."

Alexander Pomeroy Volksen, a 30-year-old Portuguese student in the applied health

information program, has had the art and attended the class.

"I used to take karate from de and have always wanted to try MMA (mixed martial arts)," Pomeroy Volksen said.

"I just never had the chance to try it."

Concordia graduate Ben Jacobs was surprised after attending his first class.

"It's a lot more techniques than you'd think," he said.

"It's not just kicking and punching."

Volksen tries to focus on one aspect of MMA each class in order to simplify things. In one class, for example, students learned

the sporting techniques of scrapping and take-downs.

"We try to keep it basic," said Volksen. "There's different martial arts in different ways. You're going to feel muscles you didn't know you had the next morning."

Mixed martial arts has exploded in North America in recent years, possibly due to the popularity of the UFC.

Fighting Championships, Inc. the UFC opened an office in Toronto in June. Their promotion is bringing MMA to Ontario. By August, the Ontario provincial championship, GMA, will be held in the province beginning in 2003 and be regulated by the Ontario Amateur Commission.

Scott De Grawe, 26, won first MMA bout during a UFC tournament at a local bar. The three year competitive program and feeling unrepresented, student was looking at the executive board in the rec centre when "MMA Tuesday" caught his eye.

"It was the most interesting thing up there," said De Grawe. "I figured it's free and easy to 'try it out'."

While the UFC has put the sport on the map as to speak, Volksen has a message for those who fear the sport is too violent.

"There's no blood on our mats," Volksen said proudly. "We're all out here for fun."

Class begins at 7 p.m. on Wednesdays in the rec centre's multi-purpose room. Students will need personal gear (gloves), elbow pads, mouth guard, water and a towel and should expect to get a good workout.



Participants in the mixed martial arts training class include Scott De Grawe, Brandon Weyers, Ben Jacobs, Alexander Pomeroy Volksen, Kyle Thomson and Grant Pomeroyough. On the far left is the instructor, Elliot Volksen.



De Grawe and Grant Pomeroyough square off before practicing kickboxing techniques.



Pomeroyough connects De Grawe on the kickboxing mat after being hit.

Star triathlete gives advice to students

By CHRISTINE MEEHAN

Backing down a mountain climbing up to 40 km/h more than dangerous and crazy is not, but it's just another day for Sean Bouchard.

A six-time national triathlon champion and world team member for Canada, Bouchard, 26, has raced at the 2000 Canadian Triathlon Games where he was named Triathlete of the Year, and has raced on the ITU World Cup circuit.

He held steady in the cycling on Oct. 15 about what it takes to become a world class athlete. As a triathlete, he has won two national medals and four whole racing seasons Canadian on the circuit stage.

A triathlon is a multi-sport endurance event consisting of swimming, cycling and running over varied distances. Triathletes compete for the fastest overall race completion time, including transition times between the individual stages. Bikes and run components.

"I work hard. I don't take anything for granted."

Bouchard grew up in Gatineau and started his career off as a swimmer at the age of eight. After realizing he had a passion for cycling, he incorporated that with his interests. Full swimming career (and his cross-country running experience), and made the transition to triathlon following

in the footsteps of Steven Bradbury. He began competing with world-class triathletes at an early age.

"To get to that level, it takes a lot of time, work and effort," he said.

Bouchard competes during Olympics and half Ironman distances which consist of a 3,000-metre swim, 40-km bike ride and 10 km run for the former and two 10 km events followed by a 30-km ride and 10 km run for the latter.

Bouchard, who is considered one of the top triathletes in North America, generally trains on average between three and five hours per day however, seven to eight-hour training sessions aren't uncommon either.

With the intense workload, Bouchard said the swim and bike in the body are three days when he needs to just relax.

"There are always going to be days where you are stressed and don't want to do anything, but then there are always days where I would go to sleep else there wouldn't be any difference," he said.

A graduate of McMaster University in Hamilton, Bouchard has a huge support group behind him.

"There is always someone else there who is supporting me in my life," said Bouchard as he supported his wife, Leah, in her cross-country running competition, and made the transition to triathlon following

"The balance has been great between people who are athletic, good swimmers and those who are more like me," said 21-year-old Steve Horner, a student in the faculty of education program.

Triathlons can be played by anyone in any venue, said Horner. Classes, competitions or

perhaps at left over time. Many play just for the love of the game. Whether the participants are amateur triathletes or students in research and try a sport or two.

Students have the option of signing up for as many sports as they want just as long as they obey all the rules and

have some class time.

"I think competitive gear looks nice because we have to make sure that students have no chance to succeed in most things. It's all about sportsmanship," said Avery Amato, a student in the recreation and leisure services program.

If you didn't get around to signing up for this season's intramural sports, don't worry. The winter session will start up again Jan. 10 and the same sports will be offered.

"If that seems overwhelming to the idea of not being able to play for fun," said Bouchard.

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PHOTO BY CHRISTINE MEEHAN

Steve Horner, one of North America's top triathletes, goes into his second year at Douglas College October, which will be known as his second year as a competitive triathlete on Oct. 18.

He said:

"For athletes are as good as all three of the events take two sports as Sean is," said his coach Barry Shropshire, in a press release.

With a lot of drive, determination and a host of new partnerships, Bouchard goes into every race with a set goal in mind.

"I just go up and will find that the race isn't the position wanted but you still wanted everything, you just have to not give up and keep going; you can never give up on a race."

"There are mistakes that you need to make to reach your goal, if you work hard enough, you'll be able to achieve it."

Three more years will be needed to see Bouchard as he is working toward his life-long dream of competing in the London 2004 Olympic Games.

"Hard work always pays off," he said.

Intramural sports an all-around great experience

By CHRISTINE MEEHAN

The intramural sports team is looking over and many Carleton students are having a blast on ice.

Good friends, fun dodge ball, hockey and basketball have kept Carleton students active. Great all-around play and competition for all sports has made for a great season.

The men's field hockey has been an adventure, and the competition is really good. 16-year-old Jason Beaton, a student in the recreation and leisure services program,

"I love having the option to play my sport just around the corner from my classes."

The convenience of playing sports at school isn't the only reason why students are enjoying yet another year of carlton sports.

The competitive level has been balanced, making it fun for those who have a high skill level, and those who are just starting out. Many new people have joined our great overall team.

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PHOTO BY CHRISTINE MEEHAN

During an intramural ice hockey game at the northern campus of Douglas College, a forward tries to make a pass as a friend is on the ice.

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